

# Day 13

## Empathy

### What is this squiggly skill?

Understanding different people's perspectives builds better relationships. Empathy also increases your self-awareness and helps you consider the impact of your actions on others.

### Recommended Resource



How to Find Fulfilling Work:  
The School of Life  
Roman Krznaric

### Recommended Listen



Squiggly Careers #177  
Ask the Expert: Empathy  
with Roman Krznaric

### Ideas for Action



#### Signals & switches

When someone signals they need your support, make a switch in your interaction.

**Physical switch** - looks like turning more towards the person and turning your phone over

**Mental switch** - looks like forgetting your mental list for the moment and being present.



#### Walk in their shoes

Spend time in someone's shoes for an hour, a meeting, a day, or longer - especially if their experience is very different from yours. Immersing yourself in their world offers valuable insights and deepens connection.